

NEWS from the North Dakota Department of Human Services

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FOR IMMEDIATE RELEASE
May 22, 2012

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Dept. of Human Services Encourages Communities to Observe National Prevention Week 2012

BISMARCK, N.D. – National Prevention Week is this week. This year's theme is "We are the Ones. How Are You Taking Action?" and it is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

National Prevention Week is a new annual health observance that celebrates the work that community organizations and individuals do year-round to prevent substance abuse and promote mental, emotional, and behavioral well-being. This week is also an opportunity for community members to learn more about behavioral health issues and get involved in prevention efforts that can continue throughout the year.

National Prevention Week 2012 themes include:

- Tuesday, May 22: Prevention of Prescription Drug Abuse and Illicit Drug Use
- Wednesday, May 23: Prevention of Alcohol Abuse
- Thursday, May 24: Suicide Prevention
- Friday, May 25: Promotion of Mental, Emotional, and Behavioral Well-being

This week is near the start of summer and is the perfect time for communities to come together and support local prevention efforts. Summer typically includes celebrations and recreational activities that can be linked to substance use and abuse such as graduation parties, weddings, boating, and camping.

Everyone can make a difference during National Prevention Week 2012 by taking the "Prevention Pledge," which allows community members to commit to a healthy lifestyle and share this promise with others. To take the pledge, visit www.facebook.com/samhsa?sk=app_331189933586634.

The Department of Human Services' Division of Mental Health and Substance Abuse Services' Prevention Resources and Media Center (PRMC) provides free substance abuse prevention information and materials to help communities, schools, and individuals enhance local prevention efforts. The information is online at www.nd.gov/dhs/services/mentalhealth/prevention/prmc.html or by calling 701-328-8919 or ND Relay TTY 800-366-6888.

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